

Crew Rest

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–09:30		Weekly station cleanup / <i>MO Vol. 1, item 2.2.1, page 2-2 +r/g 1258</i>
09:30–10:00	FE-2	Maintenance of ? ? ? per MCC GO
09:30–09:40	CDR	Inspection of ? ? ? ?-1 separator
09:40–10:10	CDR	Physical exercise (IRED-2)
10:10–11:10	CDR	Physical exercise (cycle-2)
10:30–11:00	FE-2	LAB payload status monitoring
10:30–12:00	FE-1	Physical exercise (RED)
11:00–12:00	FE-2	EXERCISE-CEVIS
11:10–11:20	CDR	Charging camcorder battery / <i>RODF ??? ?? , page 2-2, item 2.2</i>
12:00–12:25		Weekly planning conference (S-band)
12:25–13:25		LUNCH
13:25–14:00		Participation in TV show <i>Mars Crew</i> / <i>RODF ??? ?? , item 2.4, pages 2-5 to 2-6 +r/g 1270</i>
14:00–14:15	CDR	IMS voice conference / <i>r/g 1272</i>
15:10–15:35		Participation in TV show <i>Mars Crew</i> / <i>RODF ??? ?? , item 2.4, pages 2-5 to 2-6 +r/g 1270</i>
15:35–16:35	FE-1	Physical exercise (TVIS)
16:30–18:00	FE-2	Physical exercise (RED)
18:00–18:25		FD/ISS crew conference
18:25–19:25	CDR	Physical exercise (TVIS-2)
19:10–19:30	FE-2	Prep delta file for downlink
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

Note: See OSTP for missing references to US procedures

End of radiogram